

JIM'N NICK'S
COMMUNITY

BAR-B-Q

NUTRITIONAL GUIDE

STANDARD, JAN. 22, 2019

Nutritional values listed are based on standard recipes and preparation. Any variations in ingredients, preparation, as well as any substitutions may increase or decrease the listed nutritional values.

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITION INFORMATION AVAILABLE UPON REQUEST.

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	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbos	Fiber	Sugars	Protein
SMALL PLATES	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
BAR-B-Q CHIPS	820	610	67 g	15 g	0 g	40 mg	740 mg	44 g	5 g	3 g	9 g
BAR-B-Q NACHOS											
— Beef Brisket	1380	850	95 g	38 g	0 g	170 mg	1710 mg	86 g	14 g	11 g	41 g
— Ham	1160	620	69 g	24 g	0 g	155 mg	2540 mg	86 g	14 g	12 g	47 g
— Pork	1140	560	63g	23g	0g	160mg	2080mg	89g	14g	13g	49g
— Smoked Chicken	1230	650	73 g	24 g	0 g	175 mg	2010 mg	90 g	16 g	15 g	45 g
— Turkey	1060	490	54 g	19 g	0 g	150 mg	2330 mg	87 g	14 g	12 g	50 g
BAR-B-Q QUESADILLA											
— Beef Brisket	1260	810	90 g	42 g	1 g	215 mg	2210 mg	57 g	4 g	6 g	57 g
— Cheese	710	370	41 g	20 g	1 g	100 mg	1380 mg	57 g	4 g	6 g	32 g
— Ham	1020	540	61 g	27 g	1.5 g	195 mg	3150 mg	58 g	4 g	7 g	63 g
— Pork	990	480	54g	25g	1g	205mg	2620mg	60g	4g	8g	66g
— Smoked Chicken	1090	580	66 g	27 g	1 g	220 mg	2550 mg	62 g	6 g	11 g	62 g
— Turkey	910	400	45 g	21 g	1 g	195 mg	2910 mg	58 g	4 g	7 g	67 g
CREAMY QUESO DIP	770	370	42 g	11 g	0 g	30 mg	660 mg	86 g	10 g	5 g	14 g
CREAMY QUESO DIP - LOADED	820	410	45g	12g	0g	45mg	960mg	87g	10g	5g	19g
DEILED EGGS	190	130	15 g	3.5 g	0 g	285 mg	450 mg	2 g	2 g	1 g	9 g
ONION RINGS	520	280	32g	6g	0g	40mg	800mg	50g	6g	9g	10g
SMOKED BUFFALO WINGS											
— Hot	470	280	31 g	7 g	2 g	220 mg	2060 mg	5 g	2 g	3 g	45 g
— Mild	500	300	33 g	8 g	2.5 g	220 mg	2390 mg	5 g	1 g	3 g	45 g
— with Ranch - Add	220	210	23 g	4 g	0 g	20 mg	200 mg	2 g	< 1 g	2 g	1 g
— with Blue Cheese - Add	340	310	35 g	9 g	0 g	40 mg	270 mg	1 g	< 1 g	1 g	4 g
SMOKED PORK HOT LINKS	600	320	35g	13g	0g	105mg	2060mg	33g	10g	10g	27g
SMOKED RIBLETS	790	580	65 g	20 g	0 g	220 mg	1290 mg	3 g	3 g	2 g	42 g
BREADS	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
CHEESE BISCUITS											
— Per 1/2 Dozen	900	430	47 g	18 g	4.5 g	100 mg	1650 mg	64 g	43 g	13 g	20 g
— Per Dozen	1800	860	94 g	36 g	9 g	195 mg	3310 mg	128 g	86 g	26 g	40 g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbos	Fiber	Sugars	Protein
— Per Each, w/o Honey Butter	120	50	5 g	2.5 g	0 g	15 mg	250 mg	9 g	7 g	< 1 g	3 g
HONEY BUTTER	170	140	15 g	7 g	0 g	0 mg	120 mg	9 g	< 1 g	9 g	< 1 g
TOASTED BUN	270	80	9 g	4.5 g	0 g	0 mg	125 mg	39 g	2 g	3 g	8 g
TOASTED SLIDER BUN	140	50	5 g	3 g	3 g	<5 mg	220 mg	19 g	0 g	4 g	4 g
TOASTED PULLMAN LOAF (2 PC)	300	90	10 g	5 g	3 g	0 mg	510 mg	46 g	2 g	4 g	8 g
SALADS (Dressing is not included)	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
PIG IN THE GARDEN											
— Beef Brisket	1290	970	110g	45g	0.5g	195mg	1500mg	22g	7g	5g	60g
— Grilled Chicken	970	540	62g	22g	0.5g	245mg	1150mg	22g	6g	5g	87g
— Ham	1020	680	78g	28g	0.5g	175mg	2540mg	23g	6g	6g	67g
— Pork	990	610	70g	26g	0.5g	185mg	1950mg	25g	6g	8g	70g
— Smoked Chicken	1000	640	73g	26g	0.5g	170mg	1530mg	26g	8g	9g	65g
— Tenders	1110	670	76g	25g	0.5g	165mg	1860mg	41g	10g	5g	72g
— Turkey	900	520	60g	22g	0.5g	170mg	2270mg	23g	6g	6g	71g
CHOPPED SOUTHERN SALAD											
— Beef Brisket	1400	1010	113g	46g	0.5g	195mg	1540mg	40g	9g	14g	60g
— Grilled Chicken	1080	570	65g	23g	0.5g	245mg	1200mg	40g	9g	14g	87g
— Ham	1130	720	81g	29g	0.5g	175mg	2580mg	41g	9g	15g	67g
— Pork	1100	650	73g	27g	0.5g	185mg	2000mg	44g	9g	16g	70g
— Smoked Chicken	1110	680	77g	27g	0.5g	170mg	1580mg	44g	11g	18g	65g
— Tenders	1210	710	80g	25g	0.5g	165mg	1900mg	60g	12g	14g	72g
— Turkey	1000	560	63g	22g	0.5g	170mg	2320mg	41g	9g	15g	71g
CLASSIC GREEK SALAD											
— Beef Brisket	800	590	66g	30g	0g	160mg	2160mg	11g	3g	5g	41g
— Grilled Chicken	480	150	17g	7g	0g	210mg	1820mg	11g	3g	5g	67g
— Ham	530	300	34g	13g	0g	140mg	3200mg	12g	3g	6g	47g
— Pork	500	230	26g	11g	0g	150mg	2620mg	14g	3g	7g	50g
— Smoked Chicken	510	260	29g	11g	0g	135mg	2200mg	15g	5g	9g	45g
— Tenders	620	290	32g	9g	0g	135mg	2520mg	31g	6g	5g	52g
— Turkey	400	140	16g	6g	0g	135mg	2940mg	12g	3g	6g	51g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbos	Fiber	Sugars	Protein
HOUSE GARDEN SALAD	360	250	29g	11g	0g	35mg	320mg	12g	3g	3g	17g
HOUSE GREEK SALAD	110	50	6 g	3 g	0 g	15 mg	820 mg	6 g	2 g	3 g	7 g
DRESSINGS & SAUCES	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
AU JUS	10	5	0.5g	0g	0g	0mg	1060mg	1g	0g	0g	1g
BAR-B-QUE SAUCE	50	15	1.5g	0.5g	0g	0mg	160mg	5g	4g	5g	< 1 g
BROWN GRAVY	45	25	2.5 g	1 g	0 g	0 mg	290 mg	4 g	< 1 g	< 1 g	2 g
BUFFALO SAUCE - HOT	70	70	8 g	3.5 g	0 g	0 mg	1270 mg	< 1 g	< 1 g	0 g	< 1 g
BUFFALO SAUCE - MILD	100	100	11 g	5 g	0 g	0 mg	1610 mg	< 1 g	< 1 g	0 g	< 1 g
CAROLINA VINEGAR SAUCE	5	0	0 g	0 g	0 g	0 mg	280 mg	< 1 g	1 g	0 g	< 1 g
1000 ISLAND	220	170	19 g	3.5 g	0 g	25 mg	490 mg	11 g	< 1 g	7 g	< 1 g
BAR-B-QUE RANCH	200	190	21 g	3 g	0 g	15 mg	200 mg	2 g	< 1 g	2 g	< 1 g
BLUE CHEESE	340	310	35 g	9 g	0 g	40 mg	270 mg	1 g	< 1 g	1 g	4 g
CREAMY GREEK	240	240	26 g	4.5 g	0 g	25 mg	150 mg	< 1 g	< 1 g	0 g	< 1 g
HONEY MUSTARD	330	260	29 g	5 g	0 g	20 mg	460 mg	20 g	< 1 g	18 g	< 1 g
RANCH	220	210	23 g	4 g	0 g	20 mg	200 mg	2 g	< 1 g	2 g	1 g
VINAIGRETTE	290	290	34 g	2.5 g	0 g	0 mg	290 mg	< 1 g	< 1 g	0 g	< 1 g
HOT CHICKEN PASTE	250	260	29 g	4 g	0 g	0 mg	0 mg	< 1 g	< 1 g	0 g	< 1 g
KETCHUP	45	0	0g	0g	0g	0mg	480mg	12g	0g	12g	< 1 g
MORGAN CO WHITE SAUCE	200	190	21 g	4 g	0 g	20 mg	410 mg	3 g	< 1 g	3 g	< 1 g
TARTAR SAUCE	370	370	40 g	7 g	0 g	35 mg	270 mg	1 g	< 1 g	< 1 g	< 1 g
WHITE GRAVY	60	35	4g	2g	0g	5mg	330mg	5g	0g	2g	2g
POTATOES	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
LOADED BAR-B-Q BAKER											
— Beef Brisket	1510	840	94 g	43 g	2 g	195 mg	1590 mg	106 g	19 g	15 g	50 g
— Ham	1240	550	61 g	26 g	2 g	170 mg	2630 mg	106 g	19 g	17 g	57 g
— Pork	1210	480	54g	24g	2g	180mg	2050mg	109g	19g	18g	60g
— Smoked Chicken	1320	590	66 g	26 g	2 g	195 mg	1970 mg	111 g	21 g	21 g	56 g
— Turkey	1110	390	43 g	19 g	2 g	170 mg	2370 mg	107 g	19 g	17 g	61 g
NOT SO NAKED POTATO	610	320	36 g	17 g	2 g	65 mg	310 mg	53 g	5 g	4 g	18 g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbos	Fiber	Sugars	Protein
SOUPS (includes Saltine Crackers)	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
BRISKET CHILI											
— Cup	290	160	18 g	8 g	0 g	40 mg	830 mg	21 g	3 g	4 g	12 g
— Bowl	550	310	34 g	15 g	0 g	75 mg	1630 mg	40 g	6 g	8 g	22 g
BRUNSWICK STEW											
— Cup	150	40	4.5g	1g	0g	20mg	710mg	20g	2g	6g	8g
— Bowl	310	80	9g	2g	0g	40mg	1420mg	41g	3g	12g	16g
TRIMMINGS	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
BAKED BEANS	180	35	3.5g	1.5g	0g	0mg	710mg	27g	8g	11g	7g
BAR-B-Q CHIPS	480	290	33g	6g	0g	0mg	470mg	43g	5g	2g	5g
COLESLAW	120	90	10 g	2 g	0 g	10 mg	290 mg	5 g	4 g	3 g	1 g
FRESH CUT FRIES	540	240	27g	5g	0g	0mg	790mg	66g	7g	2g	9g
MACARONI & CHEESE	330	180	20 g	12 g	0 g	60 mg	810 mg	22 g	< 1 g	4 g	16 g
MASHED POTATOES	350	190	21 g	10 g	0 g	10 mg	790 mg	37 g	3 g	4 g	6 g
W/BROWN GRAVY - ADD	45	25	2.5 g	1 g	0 g	0 mg	290 mg	4 g	< 1 g	< 1 g	2 g
MIXED FRUIT	35	0	0 g	0 g	**	0 mg	10 mg	9 g	1 g	7 g	< 1 g
ONION RINGS	520	280	32g	6g	0g	40mg	800mg	50g	6g	9g	10g
POTATO SALAD	220	120	14 g	2.5 g	0 g	25 mg	480 mg	18 g	5 g	2 g	2 g
SLOW-COOKED COLLARDS	90	45	5 g	1.5 g	0 g	10 mg	850 mg	6 g	5 g	2 g	5 g
WATERMELON	45	0	0 g	0 g	**	0 mg	0 mg	12 g	< 1 g	10 g	< 1 g
VEGETABLES OF THE DAY	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
BBQ CORN	210	140	15g	3g	0g	15mg	1000mg	18g	2g	8g	3g
BLACK EYED PEAS	90	20	2 g	0.5 g	0 g	< 5 mg	380 mg	14 g	2 g	1 g	5 g
CUCUMBER TOMATO SALAD	120	100	11 g	1 g	0 g	0 mg	820 mg	5 g	< 1 g	2 g	< 1 g
FRIED GREEN TOMATOES	300	170	19g	3.5g	0g	0mg	990mg	28g	3g	3g	3g
GREEN BEANS	130	80	9 g	4 g	0 g	10 mg	1330 mg	8 g	3 g	4 g	6 g
STEAMED CABBAGE	80	45	5 g	2 g	0 g	0 mg	210 mg	6 g	2 g	3 g	3 g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbos	Fiber	Sugars	Protein
STEWED OKRA & TOMATO	60	25	3 g	1 g	0 g	0 mg	380 mg	7 g	2 g	3 g	2 g
SUCCOTASH	90	35	4 g	1.5 g	0 g	< 5 mg	360 mg	11 g	2 g	3 g	4 g
SWEET POTATO CASSEROLE	260	100	11 g	5 g	0 g	40 mg	240 mg	38 g	4 g	13 g	3 g
BAR-B-Q PLATES (does not include sauce or pickles)	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
BEEF BRISKET	980	790	88g	39g	0g	205mg	1490mg	< 1g	< 1 g	0g	44g
CAROLINA- STYLE PORK	490	210	24g	9g	0g	185mg	2220mg	6g	< 1 g	4g	59g
CLASSIC PULLED PORK	490	210	24g	9g	0g	185mg	2220mg	6g	< 1 g	4g	59g
HOT LINKS	610	360	40g	14g	0g	195mg	3410mg	4g	2g	0g	56g
SMOKED CHICKEN											
— 1/2 Dark	740	480	53g	15g	0g	225mg	2540mg	12g	5g	11g	47g
— 1/2 Mixed	880	520	58g	17g	0g	275mg	2760mg	13g	6g	12g	69g
— 1/2 White	810	410	45g	13g	0g	265mg	2450mg	12g	5g	10g	80g
— 1/4 Dark	370	240	26g	8g	0g	110mg	1270mg	6g	3g	6g	23g
— 1/4 White	410	200	23g	7g	0g	130mg	1220mg	6g	2g	5g	40g
SMOKED HAM	550	330	36g	12g	0g	170mg	3150mg	2g	< 1 g	2g	54g
SMOKED TURKEY	340	60	7g	1.5g	0g	165mg	2730mg	3g	< 1 g	2g	61g
CLASSIC SPARE RIBS											
— 1 lb.	1260	930	103g	32g	0g	355mg	1900mg	4g	5g	4g	67g
— 2 lb.	2530	1870	207g	63g	0g	710mg	3800mg	8g	9g	7g	134g
— 3 lb.	3790	2800	310g	95g	0.5g	1060mg	5710mg	12g	14g	11g	201g
BABY BACK RIBS											
— Lil' Baby	630	410	45g	16g	0g	185mg	310mg	1g	2g	1g	52g
— Half Baby	760	490	54g	19g	0g	225mg	370mg	1g	3g	1g	63g
— Big Baby	1700	1100	122g	43g	0g	505mg	830mg	3g	6g	3g	140g
COMBO PLATES (does not include sauce or pickles)	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
PICK 2 MEATS (Values are per portion)											
Beef Brisket	730	590	66g	29g	0g	155mg	1120mg	< 1g	< 1 g	0g	33g
Carolina-style Pork	370	160	18g	7g	0g	140mg	1660mg	5g	< 1 g	3g	44g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbos	Fiber	Sugars	Protein
Classic Pulled Pork	370	160	18g	7g	0g	140mg	1660mg	5g	< 1 g	3g	44g
Pork Hot Links	610	360	40g	14g	0g	195mg	3410mg	4g	2g	0g	56g
Smoked Chicken	500	300	33g	9g	0g	160mg	1570mg	7g	3g	7g	39g
Smoked Ham	410	240	27g	9g	0g	130mg	2370mg	2g	< 1 g	2g	41g
Smoked Turkey	260	50	5g	1g	0g	125mg	2050mg	2g	< 1 g	2g	46g
Babyback Ribs	630	410	45g	16g	0g	185mg	310mg	1g	2g	1g	52g
Spare Ribs	1260	930	103g	32g	0g	355mg	1900mg	4g	5g	4g	67g
PICK 3 MEATS (Values are per portion)											
Beef Brisket	490	390	44g	19g	0g	105mg	750mg	< 1 g	< 1 g	0g	22g
Carolina-style Pork	250	110	12g	4.5g	0g	95mg	1110mg	3g	< 1 g	2g	30g
Classic Pulled Pork	250	110	12g	4.5g	0g	95mg	1110mg	3g	< 1 g	2g	30g
Pork Hot Links	400	240	26g	9g	0g	130mg	2270mg	3g	1g	0g	37g
Smoked Chicken	340	200	22g	6g	0g	105mg	1050mg	5g	2g	5g	26g
Smoked Ham	270	160	18g	6g	0g	85mg	1580mg	1g	< 1 g	1g	27g
Smoked Turkey	170	30	3.5g	0.5g	0g	85mg	1360mg	1g	< 1 g	1g	30g
Babyback Ribs	470	300	34g	12g	0g	140mg	230mg	< 1g	2g	< 1g	39g
Spare Ribs	950	700	78g	24g	0g	265mg	1430mg	3g	3g	3g	50g
PICK 4 MEATS (Values are per portion)											
Beef Brisket	370	300	33g	15g	0g	75mg	560mg	< 1 g	< 1 g	0g	16g
Carolina-style Pork	190	80	9g	3.5g	0g	70mg	830mg	2g	< 1 g	2g	22g
Classic Pulled Pork	190	80	9g	3.5g	0g	70mg	830mg	2g	< 1 g	2g	22g
Pork Hot Links	400	240	26g	9g	0g	130mg	2270mg	3g	1g	0g	37g
Smoked Chicken	250	150	16g	4.5g	0g	80mg	790mg	4g	2g	3g	20g
Smoked Ham	200	120	14g	4.5g	0g	65mg	1180mg	< 1g	< 1 g	< 1g	20g
Smoked Turkey	130	25	2.5g	0.5g	0g	60mg	1020mg	< 1g	< 1 g	< 1g	23g
Babyback Ribs	470	300	34g	12g	0g	140mg	230mg	< 1g	2g	< 1g	39g
Spare Ribs	950	700	78g	24g	0g	265mg	1430mg	3g	3g	3g	50g
MR. JIM'S DELUXE COMBO	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
MR. JIM'S DELUXE COMBO - Meats, Sauce, and Pickles	5690	3850	426g	136g	0.5g	1525mg	14590mg	52g	28g	41g	363g
MR JIM'S TRIMMINGS											
Baked Beans	1070	200	22g	9g	0g	10mg	4260mg	165g	51g	64g	40g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbos	Fiber	Sugars	Protein
Coleslaw	740	570	63g	11g	0g	55mg	1750mg	31g	23g	16g	6g
Mac & Cheese	2030	1090	124g	70g	0g	370mg	4900mg	135g	5g	26g	98g
Mashed Potatoes	1480	800	88g	41g	0g	30mg	3330mg	155g	11g	15g	24g
w/Brown Gravy - add	80	45	5g	2g	0g	< 5mg	560mg	7g	< 1 g	1g	3g
Mixed Fruit	220	10	1g	0g	**	0mg	70mg	55g	8g	45g	4g
Slow-Cooked Collards	480	240	27g	9g	0g	55mg	4570mg	35g	26g	8g	25g
MR JIM'S TRIMMINGS - Vegetables of the Day											
Black Eyed Peas	560	110	12g	4.5g	0g	15mg	2260mg	84g	13g	6g	32g
Green Beans	740	470	52g	21g	0g	70mg	7410mg	45g	15g	21g	32g
Steamed Cabbage	590	340	39g	16g	0g	5mg	1560mg	46g	13g	23g	21g
Stewed Okra & Tomatoes	350	150	16g	7g	0g	< 5mg	2230mg	43g	11g	17g	12g
Succotash	510	200	22g	10g	0g	30mg	2060mg	62g	10g	19g	22g
Sweet Potato Casserole	1680	630	70g	32g	0g	250mg	1500mg	245g	27g	84g	22g
BAR-B-Q SANDWICHES (does not include bread, sauce, pickles)	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Beef Brisket	610	490	55g	24g	0g	130mg	930mg	< 1g	< 1 g	0g	27g
Carolina Style Pork	350	160	18g	6g	0g	120mg	1570mg	6g	1g	4g	37g
Pig on a Bun	310	130	15g	6g	0g	115mg	1390mg	4g	< 1 g	3g	37g
Smoked Chicken	420	250	27g	8g	0g	130mg	1310mg	6g	3g	6g	33g
Smoked Ham	340	200	23g	7g	0g	105mg	1970mg	1g	< 1 g	1g	34g
Turkey Breast	220	40	4.5g	1g	0g	105mg	1700mg	2g	< 1 g	1g	38g
Double Decker (includes bread, sauce, pickles)	990	500	56g	25g	0g	145mg	1880mg	65g	6g	9g	51g
GRILL - PLATES	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
GRILLED CATFISH PLATE (includes Tartar Sauce and Lemon)											
1 Filet	530	430	47g	9g	0g	115mg	920mg	7g	1g	< 1g	19g
2 Fillets	690	490	54g	10g	0g	190mg	1580mg	13g	3g	< 1g	37g
GRILLED CHICKEN PLATE	620	180	21 g	3 g	0 g	330 mg	1240 mg	< 1 g	< 1 g	0 g	102 g
RIBEYE	860	610	68g	30g	4g	230mg	760mg	< 1 g	< 1 g	0g	63g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbos	Fiber	Sugars	Protein
GRILL - SANDWICHES (does not include bread)	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
ADD BACON (2 SLICES)	330	390	35 g	12 g	0 g	45 mg	470 mg	< 1 g	< 1 g	0 g	7 g
BURGER 1920	720	520	57g	25g	2.5g	190mg	1520mg	4g	< 1 g	0g	47g
GRILLED CATFISH SANDWICH	320	220	25g	4.5g	0g	95mg	870mg	7g	1g	1g	19g
GRILLED CHICKEN SANDWICH	410	180	20g	3.5g	0g	175mg	680mg	3g	1g	2g	52g
HAMBURGER DAVE	830	610	67g	27g	2.5g	200mg	1630mg	8g	< 1g	4g	48g
JT PIMENTO BURGER	880	660	73g	26g	3g	210mg	1430mg	7g	1g	4g	48g
MUSHROOM SWISS BURGER	1220	1050	108g	37g	4g	245mg	1610mg	9g	2g	3g	55g
SOUTHERN BURGER	1100	920	94g	36g	2.5g	230mg	1760mg	11g	5g	7g	51g
SOUTHERN FAVORITES	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
FRIED CATFISH PLATE (includes Tartar Sauce and Lemon)											
1 Fillet	810	630	69 g	13 g	0 g	135 mg	1330 mg	16 g	5 g	< 1 g	30 g
2 Fillets	1250	880	98 g	19 g	0 g	230 mg	2380 mg	32 g	10 g	< 1 g	61 g
FRIED CHICKEN TENDERS (TENDERS ONLY)											
Basket	430	190	21g	4g	0g	100mg	1290mg	20g	3g	0g	39g
Plate	570	250	28 g	5 g	0 g	135 mg	1720 mg	27 g	4 g	0 g	52 g
SANDWICHES (does not include bread)											
FRIED CATFISH SANDWICH	610	420	46g	9g	0g	110mg	1270mg	17g	5g	1g	31g
ORIGINAL TURKEY SANDWICH	270	70	8g	1.5g	0g	105mg	1760mg	7g	< 1g	5g	39g
PIMENTO CHEESE SANDWICH	400	310	35g	15g	1g	75mg	570mg	5g	1g	3g	17g
SMOKED CUBAN SANDWICH	580	370	41g	15g	0g	140mg	2030mg	8g	< 1g	5g	42g
DESSERTS	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
BY THE SERVING											
Banana Pudding	720	340	39 g	20 g	0 g	295 mg	290 mg	32 g	55 g	16 g	6 g
Chocolate Cream Pie - SLICE	820	440	50g	25g	2g	340mg	360mg	20g	63g	4g	8g
Coconut Pie - SLICE	860	450	53g	28g	2g	300mg	310mg	46g	42g	23g	7g
Lemon Ice Box - SLICE	900	440	49 g	27 g	0 g	355 mg	270 mg	74 g	24 g	60 g	11 g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbos	Fiber	Sugars	Protein
Peanut Butter Pie - SLICE	970	590	68 g	31 g	0 g	420 mg	550 mg	32 g	42 g	14 g	14 g
Pecan Pie - SLICE	660	420	48 g	13 g	2 g	125 mg	240 mg	23 g	36 g	3 g	8 g
WHOLE PAN OR PIE											
Banana Pudding - Whole	8660	4100	462g	244g	0g	3545mg	3530mg	387g	665g	192g	73g
Chocolate Cream Pie	5760	3110	350g	177g	13g	2375mg	2550mg	143g	442g	28g	58g
Coconut Pie	6020	3260	368g	198g	13g	2105mg	2180mg	323g	295g	159g	52g
Lemon Ice Box Pie	6310	3060	344 g	188 g	0 g	2475 mg	1870 mg	516 g	166 g	421 g	77 g
Peanut Butter Pie	6760	4230	473 g	218 g	0 g	2955 mg	3830 mg	224 g	294 g	98 g	101 g
Pecan Pie	4650	2910	336 g	92 g	13 g	870 mg	1710 mg	160 g	253 g	22 g	54 g
KIDS	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
CHICKEN TENDERS	280	130	14g	2.5g	0g	65mg	860mg	13g	2g	0g	26g
CLASSIC SPARE RIBS PLATE	950	700	78g	24g	0g	265mg	1520mg	3g	3g	3g	50g
GRILLED CHEESE	430	160	18g	11g	0g	30mg	1040mg	49g	2g	0g	16g
LITTLE ORIGINAL CHEESEBURGER	550	320	35g	15g	35g	100mg	620mg	31g	2g	1g	28g
LIL PIGGIE IN THE GARDEN (does not include dressing)											
Pork	280	160	18g	9g	0g	70mg	730mg	11g	2g	3g	20g
Smoked Chicken	310	200	22g	10g	0g	75mg	710mg	11g	2g	4g	19g
Macaroni & Cheese	670	360	41g	23g	0g	120mg	1620 mg	45g	2g	9g	32g
QUESADILLA											
Beef Brisket	490	280	31g	14g	0g	70mg	890mg	32g	1g	< 1g	21g
Cheese	310	130	15g	7g	0g	30mg	610mg	32g	1g	< 1g	13g
Ham	410	190	21g	9g	0g	65mg	1200mg	32g	1g	1g	23g
Pork	400	170	19g	9g	0g	65mg	1030mg	33g	1g	1g	24g
Smoked Chicken	430	210	23g	9g	0g	70mg	1000mg	34g	2g	2g	22g
Turkey	370	150	16g	7g	0g	65mg	1120mg	32g	1g	1g	24g
SLIDERS (includes Slider Bun, Sauce, and Pickles)											
Beef Brisket	410	250	28 g	13 g	3 g	55 mg	750 mg	221 g	4 g	7 g	15 g
Ham	310	140	15 g	6 g	3 g	45 mg	1160 mg	22 g	3 g	7 g	17 g
Pork	290	110	12 g	6 g	3 g	50 mg	930 mg	23 g	3 g	8 g	18 g
Smoked Chicken	340	160	17 g	6 g	3 g	55 mg	900 mg	24 g	4 g	9 g	17 g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbos	Fiber	Sugars	Protein
Turkey	260	70	8 g	3.5 g	3 g	45 mg	1060 mg	23 g	3 g	7 g	19 g
SMOKED CHICKEN DRUMMIES	400	250	28g	8g	0g	120mg	1450mg	7g	3g	6g	25g
LUNCH	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
SALADS (does not include dressing)											
CHOPPED SOUTHERN SALAD											
Beef Brisket	1110	800	90g	37g	0.5g	155mg	1260mg	33g	7g	11g	47g
Grilled Chicken	780	450	51g	18g	0.5g	135mg	830mg	33g	7g	11g	51g
Ham	890	570	64g	23g	0.5g	135mg	2090mg	33g	7g	12g	52g
Pork	870	510	58g	22g	0.5g	145mg	1630mg	35g	7g	13g	55g
Smoked Chicken	960	600	68g	23g	0.5g	155mg	1560mg	37g	9g	15g	51g
Tenders	900	530	60g	20g	0.5g	120mg	1380mg	46g	9g	11g	51g
Turkey	790	440	49g	18g	0.5g	135mg	1880mg	34g	7g	12g	56g
CLASSIC GREEK SALAD											
Beef Brisket	640	470	53g	24g	0g	130mg	1770mg	9g	2g	4g	32g
Grilled Chicken	310	120	14g	5g	0g	105mg	1340mg	9g	2g	4g	35g
Ham	420	240	27g	10g	0g	110mg	2600mg	10g	2g	5g	37g
Pork	400	180	21g	9g	0g	120mg	2140mg	12g	2g	6g	40g
Smoked Chicken	490	270	31g	10g	0g	130mg	2070mg	14g	4g	8g	36g
Tenders	430	200	23g	7g	0g	90mg	1890mg	22g	4g	4g	36g
Turkey	320	110	12g	5g	0g	110mg	2390mg	10g	2g	5g	40g
PIGGIE IN THE GARDEN											
Beef Brisket	1030	770	87g	36g	0.5g	155mg	1220mg	19g	5g	4g	47g
Grilled Chicken	690	420	48g	17g	0.5g	135mg	780mg	19g	5g	4g	51g
Ham	810	540	61g	22g	0.5g	135mg	2050mg	20g	5g	5g	52g
Pork	790	480	55g	21g	0.5g	145mg	1580mg	21g	5g	6g	55g
Smoked Chicken	870	570	65g	23g	0.5g	155mg	1520mg	23g	7g	9g	51g
Tenders	820	500	57g	19g	0.5g	130mg	1330mg	32g	7g	4g	51g
Turkey	710	410	47g	17g	0.5g	135mg	1840mg	20g	5g	5g	56g
PIGGIE POTATO											
Beef Brisket	1120	700	78g	36g	2g	180mg	1450mg	59g	10g	8g	39g
Ham	910	470	52g	22g	2g	165mg	2280mg	59g	10g	10g	45g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbos	Fiber	Sugars	Protein
Pork	880	410	46g	21g	2g	170mg	1820mg	61g	10g	11g	47g
Smoked Chicken	970	500	56g	23g	2g	185mg	1750mg	63g	12g	13g	44g
Turkey	810	340	38g	17g	2g	160mg	2070mg	59g	10g	10g	48g
LUNCH PLATES											
GRILLED CHICKEN LUNCH PLATE (inc. Side Salad and Fruit)	430	190	24 g	2.5 g	0 g	125 mg	940 mg	15 g	3 g	10 g	41 g
TURKEY LUNCH PLATE (includes Side Salad)	580	370	43 g	6 g	0 g	125 mg	2380 mg	9 g	1 g	6 g	39 g
SPRING MIX SIDE SALAD	160	150	18 g	1 g	0 g	0 mg	160 mg	3 g	< 1 g	1 g	1 g
OPEN FACED BEEF & GRAVY (does not include Fries)	670	440	49g	22g	0g	105mg	1310mg	28g	1g	< 1g	27g
LOADED MAC (includes Side Salad)											
Beef Brisket	1310	890	102 g	41 g	1.5 g	215 mg	2630 mg	48 g	3 g	11 g	55 g
Ham	1100	660	76 g	28 g	1.5 g	195 mg	3460 mg	49 g	3 g	12 g	60 g
Pork	1070	600	70g	26g	1.5g	205mg	3000mg	51g	3g	13g	63g
Smoked Chicken	1160	690	80 g	28 g	1.5 g	215 mg	2930 mg	53 g	5 g	16 g	59 g
Turkey	1000	530	62 g	23 g	1.5 g	195 mg	3250 mg	49 g	3 g	12 g	63 g
SANDWICHES (does not include Bread, Sauce, Pickles, or BBQ Chips)											
BEEF BRISKET	610	490	55g	24g	0g	130mg	930mg	< 1g	< 1 g	0g	27g
CAROLINA-STYLE PORK	350	160	18g	6g	0g	120mg	1480mg	5g	1g	4g	37g
CLASSIC PULLED PORK	310	130	15g	6g	0g	115mg	1390mg	4g	< 1 g	3g	37g
MORGAN CO. BBQ CHICKEN	420	250	27g	8g	0g	130mg	1310mg	6g	3g	6g	33g
SMOKED HAM	340	200	23g	7g	0g	105mg	1970mg	1g	< 1 g	1g	34g
MORGAN CO. TURKEY BREAST	220	40	4.5g	1g	0g	105mg	1700mg	2g	< 1 g	1g	38g
BURGERS (does not include bread)											
BURGER 1920	570	410	46g	21g	2g	150mg	1060mg	3g	< 1 g	0g	37g
HAMBURGER DAVE	680	510	56g	23g	2g	160mg	1460mg	8g	< 1g	4g	38g
JT PIMENTO BURGER	740	550	61g	22g	2.5g	170mg	1270mg	7g	1g	4g	38g
MUSHROOM SWISS BURGER	1070	950	96g	33g	3g	205mg	1440mg	9g	2g	3g	45g
SOUTHERN BURGER	960	820	83g	31g	2g	190mg	1590mg	11g	5g	7g	42g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbos	Fiber	Sugars	Protein
DAILY FEATURES	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
CHICKEN FRIED CHICKEN	670	350	39g	9g	0g	170mg	1610mg	24g	3g	2g	55g
W/WHITE GRAVY - ADD	60	35	4g	2g	0g	5mg	330mg	5g	< 1 g	2g	2g
CLAIRMONT PLATE - includes Fries, Baked Beans, and Slaw											
1/2 Dark	1720	870	96g	25g	0g	235mg	5220mg	132g	33g	47g	63g
1/2 Mixed	1860	910	101g	26g	0g	290mg	5440mg	133g	34g	48g	85g
1/2 White	1790	800	89g	23g	0g	275mg	5130mg	132g	33g	46g	96g
1/4 Dark	1350	630	70g	17g	0g	125mg	3950mg	126g	31g	41g	40g
1/4 White	1390	600	66g	16g	0g	145mg	3910mg	126g	31g	41g	56g
Pork	1470	610	67g	19g	0g	200mg	4900mg	126g	28g	40g	76g
PRIME RIB	1010	720	79g	35g	5g	270mg	1580mg	< 1g	< 1 g	0g	73g
w/Au Jus - Add	10	5	0.5g	0g	0g	0mg	1060mg	1g	< 1 g	0g	1g
PRIME RIB SANDWICH	1260	820	91g	38g	3g	215mg	2500mg	49g	3g	6g	65g
w/Au Jus - Add	10	5	0.5g	0g	0g	0mg	1060mg	1g	< 1 g	0g	1g
TACO TUESDAY											
Beef	350	220	25 g	11 g	0 g	50 mg	790 mg	19 g	2 g	2 g	14 g
Brisket & Hot Link	330	200	22 g	9 g	0 g	60 mg	790 mg	18 g	2 g	1 g	17 g
Catfish	430	280	31 g	6 g	0 g	45 mg	1000 mg	27 g	4 g	3 g	12 g
Chicken	550	290	32 g	11 g	0 g	90 mg	1460 mg	39 g	3 g	5 g	26 g
Chicken Tender	300	140	15 g	3 g	0 g	35 mg	890 mg	26 g	3 g	2 g	16 g
Grilled Steak	290	160	18 g	7 g	2 g	40 mg	480 mg	21 g	2 g	3 g	14 g
Pork	340	160	18g	8g	0g	80mg	1060mg	21g	1g	2g	25g
Street	230	80	9g	3g	0g	45mg	880mg	20g	1g	2g	18g
CHIPS & SALSA	660	290	32g	6g	0g	0mg	410mg	86g	10g	4g	8g
CRAFT COCKTAILS	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
CLASSIC BLOODY MARY	180	15	1.5g	0g	0g	0mg	990mg	8g	2g	3g	1g
CLASSIC MARGARITA	460	0	0g	0g	0g	0mg	970mg	7g	82g	4g	< 1 g
CROWNING ACHIEVEMENT	210	0	0g	0g	0g	0mg	0mg	1g	20g	< 1g	< 1 g
DARK & STORMY	200	0	0g	0g	0g	0mg	0mg	18g	< 1 g	16g	< 1 g
HOUSE MARGARITA	420	0	0g	0g	0g	0mg	970mg	8g	72g	4g	< 1 g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbos	Fiber	Sugars	Protein
ISLAND BOUND	230	0	0g	0g	0g	0mg	0mg	5g	21g	5g	< 1 g
PEACHY-KEEN	230	0	0g	0g	0g	0mg	0mg	16g	23g	15g	< 1 g
SAINT MARGARITA	230	0	0g	0g	0g	0mg	0mg	4g	12g	1g	< 1 g
TOP SHELF MARGARITA	420	0	0g	0g	0g	0mg	5mg	6g	72g	3g	< 1 g
WARD'S OLD FASHIONED	170	0	0g	0g	0g	0mg	0mg	2g	5g	0g	< 1 g
BEVERAGES	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
BARQ'S ROOT BEER	160	0g	0g	0g	0g	0mg	65mg	45	0	45	0
COCA-COLA	150	0g	0g	0g	0g	0mg	35mg	40	0	40	0
COCA-COLA ZERO	0	0g	0g	0g	0g	0mg	40mg	0	0	0	0
DIET COKE	0	0g	0g	0g	0g	0mg	45mg	0	0	0	0
HI-C FLASHN' FRUIT PUNCH	150	0g	0g	0g	0g	0mg	50mg	42	0	41	0
PIBB XTRA	140	0g	0g	0g	0g	0mg	55mg	39	0	39	0
SPRITE	140	0g	0g	0g	0g	0mg	65mg	39	0	39	0
DAVE'S LEMONADE	160	0g	0g	0g	0g	0mg	10mg	3g	40g	< 1g	0g
DOROTHY'S SWEET TEA	120	0g	0g	0g	0g	0mg	5mg	< 1g	31g	0g	0g
DOROTHY'S UNSWEET TEA	0	0g	0g	0g	**	0mg	10mg	< 1g	0g	0g	0g
THE PALMER	140	0g	0g	0g	0g	0mg	10mg	2g	37g	0g	0g
KID'S BEVERAGES	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
BARQ'S ROOT BEER	120	0g	0g	0g	0g	0mg	50mg	33	0	33	0
COCA-COLA	110	0g	0g	0g	0g	0mg	25mg	29	0	29	0
COCA-COLA ZERO	0	0g	0g	0g	0g	0mg	30mg	0	0	0	0
DIET COKE	0	0g	0g	0g	0g	0mg	35mg	0	0	0	0
HI-C FLASHN' FRUIT PUNCH	110	0g	0g	0g	0g	0mg	40mg	31	0	30	0
PIBB XTRA	100	0g	0g	0g	0g	0mg	40g	28	0	28	0
SPRITE	100	0g	0g	0g	0g	0mg	45mg	28	0	28	0
DAVE'S LEMONADE	130	0g	0g	0g	0g	0mg	5mg	2g	33g	< 1g	0g
DOROTHY'S SWEET TEA	100	0g	0g	0g	0g	0mg	5mg	< 1g	27g	0g	0g
DOROTHY'S UNSWEET TEA	0	0g	0g	0g	**	0mg	5mg	< 1g	0g	0g	0g
MILK	300	16g	140g	10g	0g	70mg	240mg	24g	0g	22g	16g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbos	Fiber	Sugars	Protein
DRIVE THRU	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
DT PIGGIE EXPRESS - BEEF (does not include bread, sauce, or pickle)	610	490	55g	24g	0g	130mg	930mg	< 1g	0g	0g	27g
DT PIGGIE EXPRESS - PORK (does not include bread, sauce, or pickle)	310	130	15g	6g	0g	115mg	1390mg	4g	0g	3g	37g
DT JNN ORIGINAL BURGER - 6OZ (does not include bread)	680	510	56g	23g	2g	160mg	1460mg	8g	< 1g	4g	38g
DT PIGGIE POTATO - BEEF (includes 2 Cheese Biscuits)	1380	800	89g	40g	3.5g	215mg	2020mg	78g	26g	11g	46g
DT PIGGIE POTATO - HAM (includes 2 Cheese Biscuits)	1170	570	63g	26g	3.5g	195mg	2850mg	79g	26g	12g	51g
DT PIGGIE POTATO - PORK (includes 2 Cheese Biscuits)	1340	570	63g	27g	3.5g	205mg	3020mg	100g	43g	32g	54g
DT PIGGIE POTATO - SMOKED CHICKEN (includes 2 Cheese Biscuits)	1230	610	67g	26g	3.5g	215mg	2320mg	83g	28g	16g	50g
DT PIGGIE POTATO - TURKEY (includes 2 Cheese Biscuits)	1070	440	49g	21g	3.5g	195mg	2640mg	79g	26g	12g	55g
DT GARDEN SALAD (includes 2 Cheese Biscuits, does not include dressing)	750	450	52g	19g	2g	80mg	920mg	34g	19g	5g	31g
DT GARDEN SALAD - BEEF (includes 2 Cheese Biscuits, does not include dressing)	1240	850	95g	38g	2g	185mg	1660mg	35g	19g	5g	53g
DT GARDEN SALAD - CHICKEN (includes 2 Cheese Biscuits, does not include dressing)	1090	650	73g	25g	2g	185mg	1970mg	39g	21g	10g	57g
DT GARDEN SALAD - GRILLED CHICKEN (includes 2 Cheese Biscuits, does not include dressing)	910	500	57g	20g	2g	165mg	1230mg	34g	19g	5g	57g
DT GARDEN SALAD - HAM (includes 2 Cheese Biscuits, does not include dressing)	1020	610	70g	25g	2g	165mg	2500mg	35g	19g	6g	59g
DT GARDEN SALAD - PORK (includes 2 Cheese Biscuits, does not include dressing)	1000	560	63g	23g	2g	175mg	2030mg	37g	19g	8g	61g
DT GARDEN SALAD - TENDERS (includes 2 Cheese Biscuits, does not include dressing)	1030	580	66g	22g	2g	150mg	1780mg	47g	21g	5g	57g
DT GARDEN SALAD - TURKEY (includes 2 Cheese Biscuits, does not include dressing)	920	480	55g	20g	2g	165mg	2280mg	35g	19g	6g	62g
DRIVE THRU PLATES (includes 2 Cheese Biscuits, does not include sauce)	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
DT BEEF BRISKET PLATE	1220	890	98g	43g	1.5g	240mg	2000mg	19g	15g	1g	51g
DT CAROLINA STYLE PORK PLATE	740	310	34g	13g	1.5g	220mg	2730mg	24g	14g	6g	66g
DT SMOKED CHICKEN PLATE - 1/2 DARK	990	570	63g	19g	1.5g	255mg	3050mg	31g	19g	13g	53g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbos	Fiber	Sugars	Protein
DT SMOKED CHICKEN PLATE - 1/2 MIXED	1130	620	68g	20g	1.5g	310mg	3270mg	31g	20g	13g	76g
DT SMOKED CHICKEN PLATE - 1/2 WHITE	1060	510	56g	17g	1.5g	295mg	2960mg	30g	19g	12g	87g
DT SMOKED CHICKEN PLATE - 1/4 DARK	610	330	37g	11g	1.5g	145mg	1780mg	24g	17g	7g	30g
DT SMOKED CHICKEN PLATE - 1/4 WHITE	650	300	33g	10g	1.5g	165mg	1740mg	24g	17g	7g	47g
DT SMOKED HAM PLATE	790	420	47g	16g	1.5g	205mg	3670mg	20g	14g	4g	61g
DT SMOKED PORK HOT LINK PLATE	850	450	50g	18g	1.5g	230mg	3920mg	22g	16g	2g	63g
DT SMOKED PORK PLATE	740	310	34g	13g	1.5g	220mg	2730mg	24g	14g	6g	66g
DT SMOKED TURKEY PLATE	590	160	18g	5g	1.5g	200mg	3240mg	21g	14g	4g	68g
DT SPARE RIBS - 1 LB.	1510	1030	114g	35g	1.5g	385mg	2410mg	22g	19g	5g	74g
DT SPARE RIBS - 2 LB.	2770	1960	218g	67g	2g	740mg	4320mg	26g	23g	9g	141g
DT SPARE RIBS - 3 LB.	4030	2900	321g	99g	2g	1095mg	6220mg	30g	28g	12g	208g
DT BABY BACK RIBS - LIL' BABY	870	500	56g	20g	1.5g	220mg	820mg	19g	16g	2g	58g
DT BABY BACK RIBS - HALF BABY	1000	590	65g	23g	1.5g	260mg	880mg	20g	17g	3g	69g
DT BABY BACK RIBS - BIG BABY	1940	1190	132g	47g	2g	540mg	1340mg	21g	20g	4g	147g